



GROUP EXERCISE SCHEDULE

Tuesday, September 7 - Sunday, October 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 am Bootcamp Aaron	Thursday, September 9 @ 5:30pm – Thursday, September 16, 2021 The Main Studio floor will be refinished so classes will either be held on the track, in Fitkids or the banquet room. A class relocation schedule will be available at the front desk, on our website and on our phone APP.			5:30 - 5:55 am Tabata Cardio Conditioning Express Amy K	8:00 - 8:50 am BodyCombat Amy R/Amy C
8:30 - 9:20 am Triple Threat Jennifer	5:30 - 6:30 am Body Pump Amy P	 UPCOMING MAINTENANCE	8:30 - 9:20 am BodyCombat Amy R	8:30 - 9:25 am Triple Threat Gemma	9:00 - 10:00 am Body Pump Victor
9:00 - 10:00 am Aqua Aerobics Susie P	8:00 - 8:55 am MyZone HIIT Lora	9:00 - 10:00 am Aqua Aerobics Loralee	9:00 - 10:00 am Aqua Aerobics Carl	9:00 - 10:00 am Aqua Aerobics Instructor Rotation	9:15 - 10:15 am Cycle Melissa
9:15 - 10:15 am Cycle Melissa	9:00 - 10:00 am Aqua Aerobics Loralee	9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Mat-Based Loralee	9:15 - 10:15 am Cycle Lisa H.	10:15 - 11:15 am Core Yoga Susan E
9:30 - 10:20 am Barre Fusion Janine	9:10 - 10:00 am Just Dance Lesley C	9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:00 am Heart Plus Toning Kris (AOA)	9:30 - 10:25 am Just Dance Lesley C	
10:30 - 11:20 am (AOA) Heart Plus Toning Kris	9:15 - 10:30 am Cycle & Strength Lora	9:15 - 10:05 am Chair Yoga (AOA) Elaine	9:30 - 10:20 am Barre Fusion Janine	10:00 - 10:55 am Chair Yoga (AOA) Audrey	
11:30 - 12:30 pm BeMoved Dance Begins 09/20 (AOA) Joanie	9:15 - 10:15 am Sit & Fit (AOA) Kris	9:30 - 10:30 am Adult Ballet (AOA) Werner	10:30 - 11:30 am Body Pump Amy C	10:00 - 11:00 am Adult Ballet (AOA) Werner	SUNDAY
12:00 - 12:50pm Just Dance 101 Lesley C	10:15 - 11:05 am Just Barre Lesley C	9:30 - 10:30 am Simply Strength Lora	11:30 - 12:30 pm Restorative Yoga Steve F	10:30 - 11:00 am Arm, Core and Stretch Lesley C	8:30 - 9:20 am Cycle Susan E
	10:15 - 11:15 am Body Pump Amy R	10:35 - 11:25 am Pilates Fusion Susan E	11:45 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:15 - 12:15 pm Parkinson's Wellness <i>Registration Required</i>	9:00 - 10:00 am Vinyasa Flow Yoga Liza
11:45 am - 12:45 pm Yoga Basics Liza	10:30 - 11:30 am Vinyasa Flow Yoga Loralee	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	11:55 am - 12:55 pm Parkinson's Wellness <i>Registration Required</i>	11:15 am - 12:15 pm (AOA) Heart Plus Toning Werner	9:00 - 10:00 am Aqua Aerobics Instructor Rotation
1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	4:45 - 5:30 pm Yoga Tuneup Werner	12:30 - 1:30 pm (AOA) Therapeutic Yoga Elaine	9:30 - 10:20 am Strength & Core Susan E
5:30 - 6:30 pm Aqua Aerobics Susie	5:30 - 6:20 pm Barre Fusion Janine	5:30 - 6:30 pm Core Yoga Sandra	5:35 - 6:25 pm Barre Fusion Rotation		2:00 - 3:00 pm Total Body Yoga Liza
5:30 - 6:30 pm Body Pump Victor	6:15 - 7:15 pm Cycle Bill P	5:30 - 6:30 pm North end of the Track 3-Ring Circuits Gemma	5:30 - 6:30 pm Cycle Carol		(AOA) Active Older Adult
5:30 - 6:30 pm Yoga Basics Marjorie	<p>General class information Classes are multilevel unless otherwise noted. Cell phones may be used in the café, library and lobby areas only. Class times, formats and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.</p> <p>Cycle class notice Sign up is mandatory. Registration / sign up begins one hour before class time at the Member Services Desk. You will be given a numbered tag that you are to hang from the bike of your choice. All tagged, yet unoccupied, bikes at the start of class will be made available to waiting participants.</p>				<p>CODES:</p> <ul style="list-style-type: none"> Cycle Studio ● Lap Pool ● Main Studio ● Mind/Body Studio ○ Banquet Room ● Track ●

For more information, contact Amy Rosales at 847.535.7632.